

Lee County Community Health Improvement Plan

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For additional information, CONTACT:

Name	Organization	Phone	Email
Michele Ross	Lee County Health Department	319-372-5225	mross@leecountyhd.org
Amy Conlee	UnityPoint Health-Keokuk	319-526-8762	aconlee@keokukhospital.org
Angie Budnik	Fort Madison Community Hospital	319-376-2244	Abudnik@FMCHOSP.com

Community Priority

Promote Healthy Behaviors and Improve Health Outcomes

Goal #1	Reduce obesity rates; preventable hospital stays due to chronic disease	National Alignment	State Alignment
		NWS Healthy People 2020	Healthiest State Initiative; Healthy Iowans

Objective 1-1	Reduce obesity rates according to county health rankings report in the next three years.	Baseline value & (year)	Target value & (year)
		34% CHR 2018	Reduced % from baseline CHR 2022

Strategy 1-1.1	Increase participation in programs by raising awareness among local providers to help them become better educators on local opportunities.	<u>Target Date</u> Jan 1, 2022
	<u>Strategy Type</u> Counseling & Education	<u>Who's responsible?</u> FMCH; UPH-K

Strategy 1-1.2	Survey schools and early childhood environments on 5-2-1-0 Initiative; Collaborate with I-Smile Initiative for "0" promotion and education to children/families.	<u>Target Date</u> Jan 1, 2020
	<u>Strategy Type</u> Environmental / Policy Change	<u>Who's responsible?</u> Live Healthy Lee County Coalition members; LCHD

Strategy 1-1.3	Encourage better eating habits in young adults by targeting concession stands in Lee County and encouraging them to add three new healthy options.	<u>Target Date</u> Jan 1, 2022
	<u>Strategy Type</u> Environmental / Policy Change	<u>Who's responsible?</u> Live Healthy Lee County Coalition members

Strategy 1-1.4	Continue to monitor and promote trail development and complete streets efforts in Lee County.	<u>Target Date</u> Jan 1, 2022
	<u>Strategy Type</u> Environmental / Policy Change	<u>Who's responsible?</u> Live Healthy Lee County; PORT of Fort Madison

Strategy 1-1.5	Increase participation in local community gardening, local produce box project, and other health and wellness initiatives.	<u>Target Date</u> Jan 1, 2020
	<u>Strategy Type</u> Address Social Determinant / Disparity	<u>Who's responsible?</u> LCHD; Live Healthy Lee County

Goal #2

Prevent or reduce teen births and STDs among youth/young adults.

National Alignment

FP Healthy People 2020

State Alignment

Healthy Iowans

Objective 2-1 Reduce the teen birth rate in next three years.

Baseline value & (year)

40 CHR 2018

Target value & (year)

reduced rate from baseline CHR 2022

Strategy 2-1.1 Provide education to targeted groups and locations.

Target Date
Jan 1, 2022

Strategy Type

Counseling & Education

Who's responsible?

Adolescent Pregnancy Prevention Coalition; Medical Providers; LCHD's MCAH and Home Visiting programs

Strategy 2-1.2 Provide free access to condoms at key locations in the county.

Target Date
Jan 1, 2022

Strategy Type

Long-Lasting Protective Intervention

Who's responsible?

LCHD; FMCH; UPH-K; Other

Strategy 2-1.3 Utilize social media for education and outreach messaging.

Target Date
Jan 1, 2022

Strategy Type

Counseling & Education

Who's responsible?

LCHD; FMCH; UPH-K

Strategy 2-1.4 Explore STD testing and treatment services for walk-ins.

Target Date
Jan 1, 2022

Strategy Type

Clinical Intervention

Who's responsible?

LCHD; Family Planning services

Goal #3 Prevent/reduce alcohol, tobacco and other drug abuse (ATOD) among our youth and adults (includes prescription drug abuse).

National Alignment

SU Healthy People 2020

State Alignment

Healthiest State Initiative; Healthy Iowans

Objective 3-1 Improve county health rankings data related to smoking (17%), excessive drinking (19%), alcohol-impaired driving deaths (31%) and drug overdose deaths (18) over the next three years through community engagement and education.

Baseline value & (year)

CHR data 2018

Target value & (year)

decreases in each data set from CHR baseline

Strategy 3-1.1 Gather support for TF/NF policy in public places: schools, hospitals, YMCA, faith-based organizations, law enforcement, MH and SA agencies, etc. Target Date
Jan 1, 2022

Strategy Type
Environmental / Policy Change Who's responsible?
ADDS

Strategy 3-1.2 Apply for a Drug Free Community Grant for Lee County. Target Date
Jan 1, 2020

Strategy Type
Long-Lasting Protective Intervention Who's responsible?
Prevent Child Abuse Council of Lee County;
Community Sectors

Strategy 3-1.3 Increase education in the public through public service announcements; promote initiatives such as Take Back Iowa programs Target Date
Jan 1, 2022

Strategy Type
Counseling & Education Who's responsible?
ADDS

Strategy 3-1.4 Providers to educate patients on alternative treatments for prescription drugs; properly securing prescription medications from other household members/visitors, etc. Target Date
Jan 1, 2022

Strategy Type
Clinical Intervention Who's responsible?
Medical Providers; UnityPoint Health-Keokuk

Goal #4 Improve the population's Mental Health and Well-being.

National Alignment

MHMD; HRQOL/WB Healthy People 2020

State Alignment

Healthiest State Initiative; Healthy Iowans

Objective 4-1 Decrease the number of self-reported poor mental health days in the county health rankings data over the next three years.

Baseline value & (year)

3.5 days CHR 2018

Target value & (year)

decrease in days from CHR baseline by 2022

Strategy 4-1.1 Promote and educate on available community resources, increase engagement of community protective factors and work on destigmatization. Target Date
Jan 1, 2022

Strategy Type
Counseling & Education Who's responsible?
SEIL/Regional Mental Health coalition; LCHD-1st Five Healthy Mental Development Initiative

Strategy 4-1.2 Evaluate strategies and processes for implementing Mental Health Technology uses in Lee County over the next three years. Target Date
Jan 1, 2022

Strategy Type
Clinical Intervention Who's responsible?
Regional Mental Health Coalition/groups

Strategy 4-1.3 Utilize PCAI; Children's Mental Health and Well-being Collaborative; media and reach other sectors such as schools to address strategies that can promote and lead to improved mental health and well-being in the county.

Target Date
Jan 1, 2022

Strategy Type

Counseling & Education

Who's responsible?

local and regional coalitions; Service Providers and Organizations

Community Priority

Promote Elderly Wellness

Goal #1 Improve the health, function, and quality of life of older adults.

National Alignment

OA Healthy People 2020

State Alignment

Healthiest State Initiative; Healthy Iowans

Objective 1-1 Decrease the rate of fall-related deaths of 65+ population (66.5 per 100,000) and Fall-related hospitalizations (21.07 per 1000) in Lee County over the next three years.

Baseline value & (year)

66.5/21.07
2010-2014 IDPH data

Target value & (year)

decreases in IDPH baseline data by 2022

Strategy 1-1.1 Offer classes such as Matter of Balance, Stepping On, and Senior Fitness classes in key locations in the county each year.

Target Date
Jan 1, 2020

Strategy Type

Counseling & Education

Who's responsible?

LCHD; FMCH; UPH-K; YMCAs

Objective 1-2 Increase access to healthy produce by sustaining senior produce boxes at 7 assisted living and senior congregate meal sites.

Baseline value & (year)

7- 2018

Target value & (year)

7- 2022

Strategy 1-2.1 Organize volunteers to collect and distribute donated produce to several sites in Lee County.

Target Date
Jan 1, 2022

Strategy Type

Address Social Determinant / Disparity

Who's responsible?

Live Healthy Lee County; LCHD; local food producers; farmer's markets

Strategy 1-2.2 Provide health management education and care coordination services to older adults including chronic disease self-management, Diabetes self-management, promote proper diet and exercise, self-care, medication management, etc.

Target Date
Jan 1, 2022

Strategy Type

Clinical Intervention

Who's responsible?

FMCH; UPH-K; LCHD Senior health services

Strategy 1-2.3 Increase access to oral health care to help reduce systemic disease for the older population and use of Emergency Departments for oral health care needs.

Target Date
Jan 1, 2022

Strategy Type

Address Social Determinant / Disparity

Who's responsible?

LCHD I-Smile Silver; Dental Community